

ADVICE FOR PARENTS

Parents are the teachers of food habits. As children grow, they are watching for clues on food choices. Children will copy many habits, likes and dislikes. When making food choices, actions speak louder than words. If you want your child to develop a preference for nutritious foods, consider the following:

- ★ Develop good food habits yourself.
- ★ Avoid talk about foods you do not like. Talk about foods you enjoy.
- ★ Never assume that a child will not like a food. Give them a chance to try!
- ★ Be willing to try new recipes and foods.
- ★ If your child does not eat at mealtime, remain calm. When the next meal is served, give the child his/her food as you usually would. Any snack between meals should be nutritious.
- ★ Do not make an issue of refusal to eat. Some children choose this behavior because they get lots of attention.
- ★ Encourage your child to help in planning and preparing meals and snacks.
- ★ Serve regular meals and snacks.
- ★ Buy healthful food. Parents are the best judges of what a child should eat. Children are the best judges of how much they should eat.
- ★ Make mealtime pleasant.

SNACKS

Snacks make up an important part of a child's nutrition. Young children are growing rapidly. In planning snacks you need to select nutritious foods to help promote this rapid growth.

Plan snacks. Schedule them around the normal events of the day and in between the regular meals. Children should learn to get hungry, instead of feeling full all the time.

Snacks should include a variety of foods. Selections can be made from any of the food groups. Foods in the fats, oils and sugars group provide many calories but few nutrients. Foods from this group should be used only occasionally.

SMART SNACK IDEAS










- Fresh fruit
- Fruit juices
- String cheese
- Yogurt
- Crackers
- Dry cereal
- Toast
- Bagels
- Milk
- Custard
- Vegetables
- Vegetable juices

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Feeding Our Future



**Guidelines for
Feeding Children
(Ages 1 — 6)**

FOOD GROUPS	FOOD CHOICES	1-2 years	3-5 years	6 years	Amount Eaten	Difference
 Grains	Bread: ½ slice = ½ oz. Cereals: ½ cup = ½ oz. Cooked cereals: ½ cup = 1 oz. Pasta: ½ cup = 1 oz. 5 whole wheat or 7 saltine crackers = 1 oz.	3 oz.	5 oz.	5 oz.		
 Vegetables	Cooked, raw, whole, juice	1 cup	1 ½ cups	2 cups		
 Fruits	Cooked, raw, whole, juice	1 cup	1 ½ cups	1 ½ cups		
 Milk	Milk, yogurt, pudding, cottage cheese 1 ½ oz cheese = 1 cup of milk ½ cup cottage cheese = ¼ cup milk	2 cups	2 cups	3 cups		
 Meat/Poultry Fish/Beans	Lean meat, poultry, fish: 2 tbsp = 1 oz. 1 egg = 1 oz. Cooked dry beans: ¼ cup = 1 oz. Peanut butter: 1 tbsp = 1 oz.	2 oz.	4 oz.	5 oz.		
 Oils	Olive oil, canola oil, other vegetable oils. Soft vegetable oil spreads, salad dressing, and mayonnaise with no <i>trans</i> fat.	3 teaspoons	4 teaspoons	5 teaspoons		
 Discretionary Calories	Other calories including sugars and other fats butter, margarine, sugar, candy, jam, syrup, soft drinks, cake, cookies, pie, chips, etc.	165 extra calories	170 extra calories	130 extra calories		

Introduce whole grain breads and cereals to your child at an early age. Whole grain foods include whole wheat bread, oatmeal, brown rice, whole wheat pasta, and whole wheat crackers. Whole grains cannot be identified by the color of the food. Whole grain should be listed first in the ingredient list.

Offer a variety of vegetables to your child for optimum nutrition. Include dark leafy green vegetables, orange vegetables, starchy vegetables, dry beans and peas, and other vegetables like cucumbers, tomatoes, and cauliflower.

VITAMIN C			
Eat one high or two good Vitamin C food sources per day.			
High Source		Good Source	
Cantaloupe	Grapefruit/ grapefruit juice	Baked potato with skin	Broccoli
Kiwi	Orange/orange juice	Brussels sprouts	Cauliflower
Strawberries	Green pepper	Honeydew melon	Mandarin orange
V-8 Juice		Pineapple/ pineapple juice	Tangerine
		Tomato/tomato iuice	



VITAMIN A			
Eat one high or two good Vitamin A food sources everyday.			
High Source		Good Source	
Carrots	Pumpkin	Cantaloupe	Kale
Mixed vegetables	Dandelion greens	Greens: collard, mustard, turnip	
Spinach	Sweet potato	Mixed frozen vegetables	
		Winter squash: acorn, Hubbard, buttercup, butternut. (Does not included zucchini)	